

FIG. 1

Day of the week	Target heart rate			
	120-140	140-160	160-172	>172
Monday	40 minutes	40 minutes	—	—
Tuesday	—	—	15 minutes×3	—
Wednesday	—	—	—	—
Thursday	40 minutes	20 minutes	—	3 minutes×3
Friday	—	—	—	—
Saturday	40 minutes	40 minutes	40 minutes	—
Sunday	60 minutes	—	—	—

F I G . 2

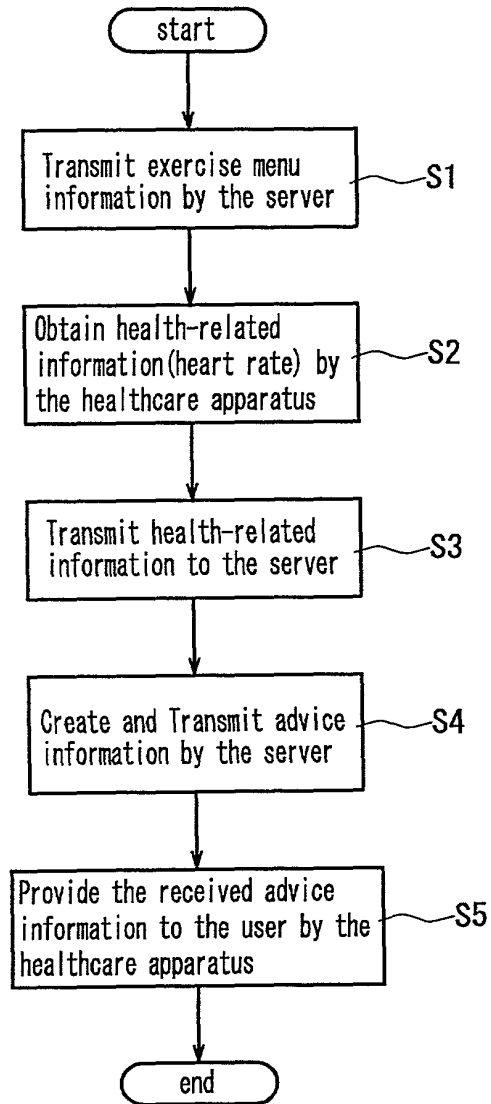


FIG. 3

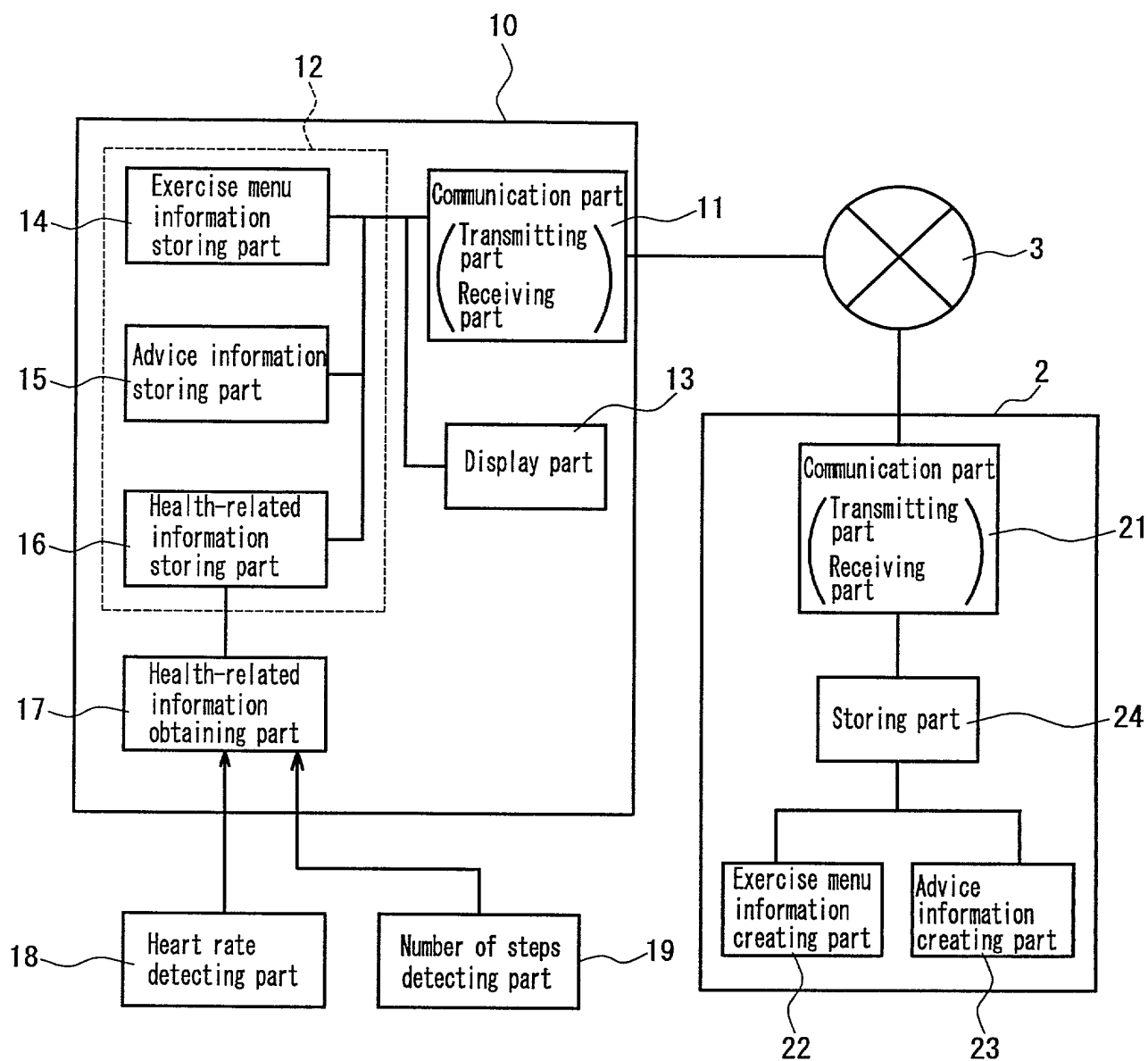


FIG. 4

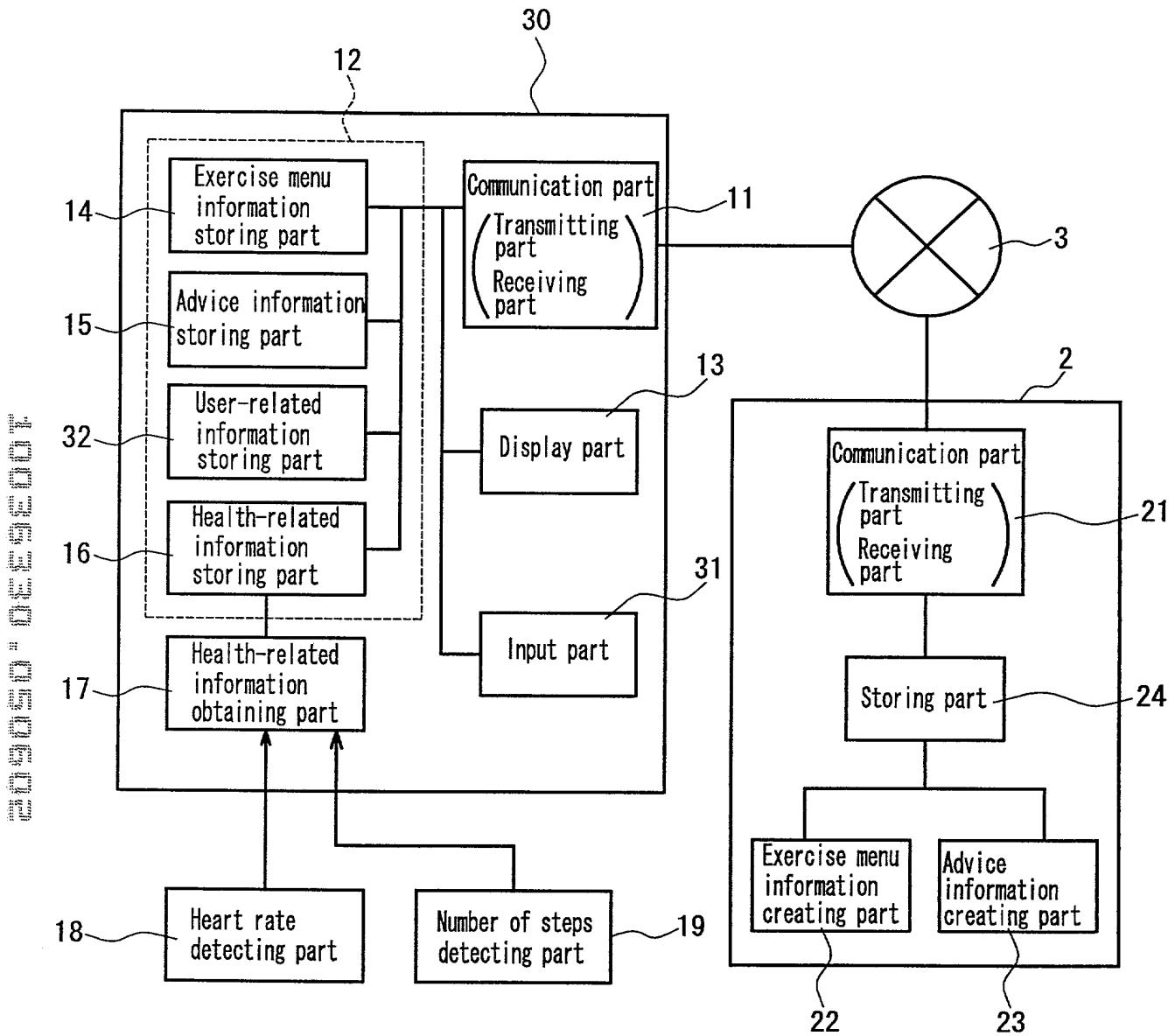


FIG. 5

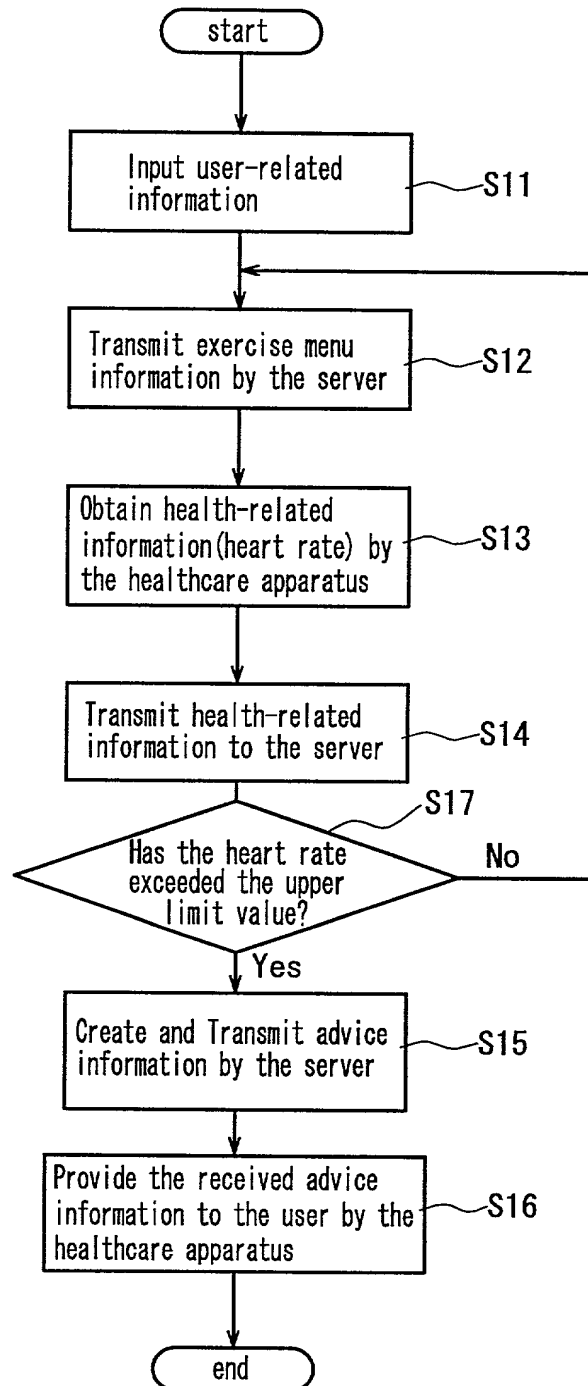


FIG. 6

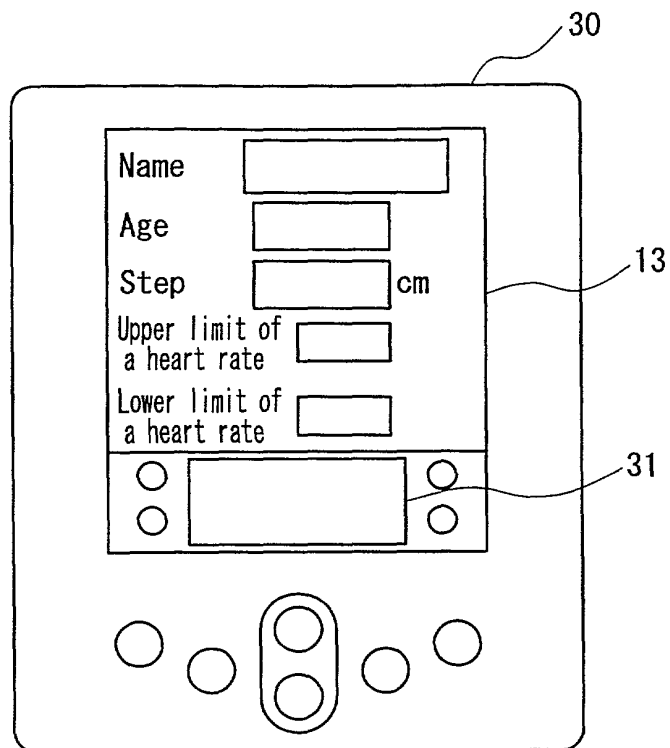


FIG. 7

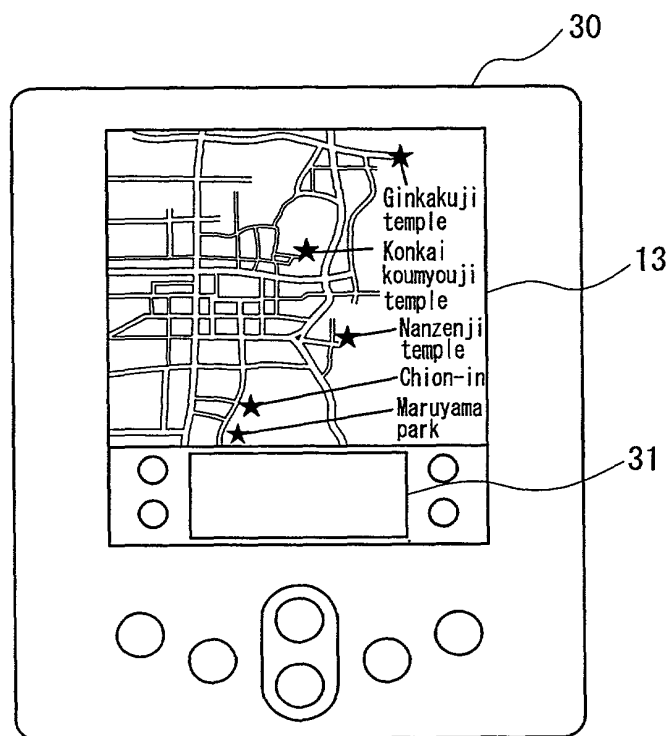


FIG. 8

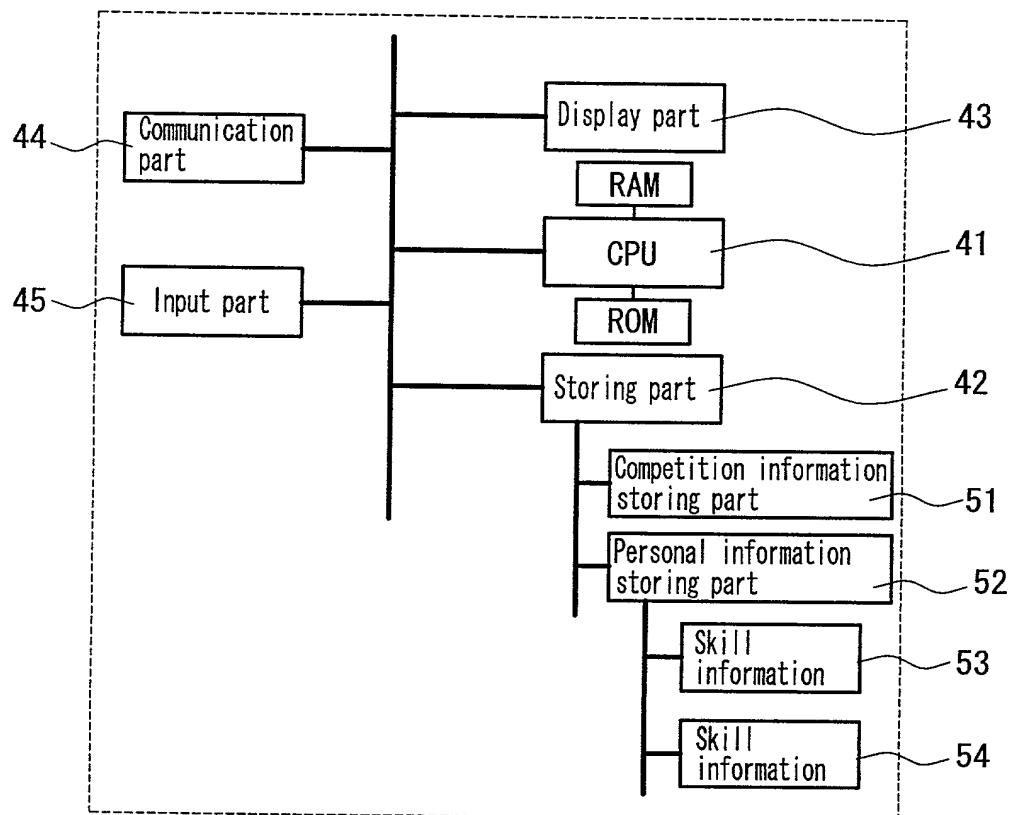


FIG. 9

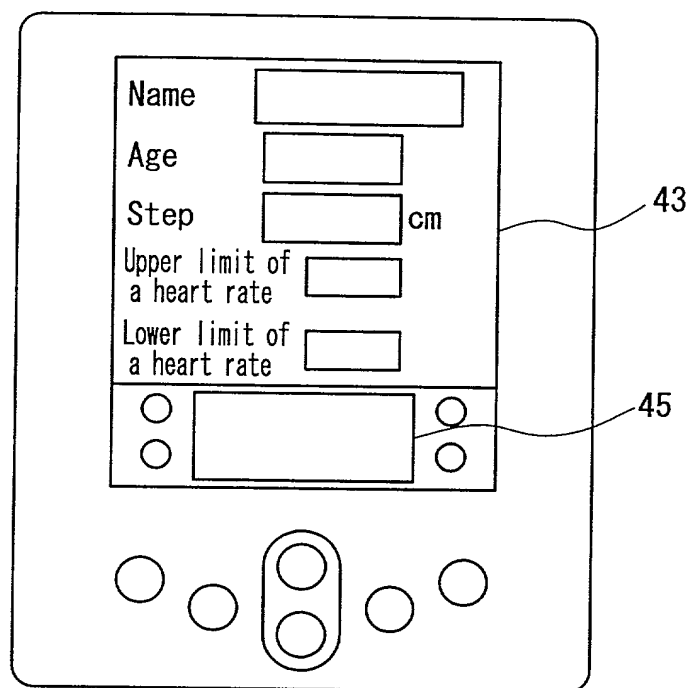


FIG. 10

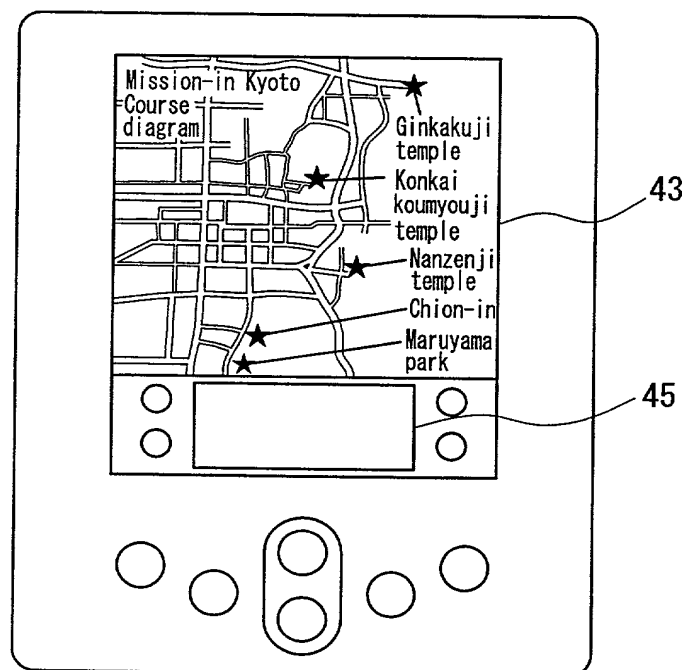


FIG. 11

